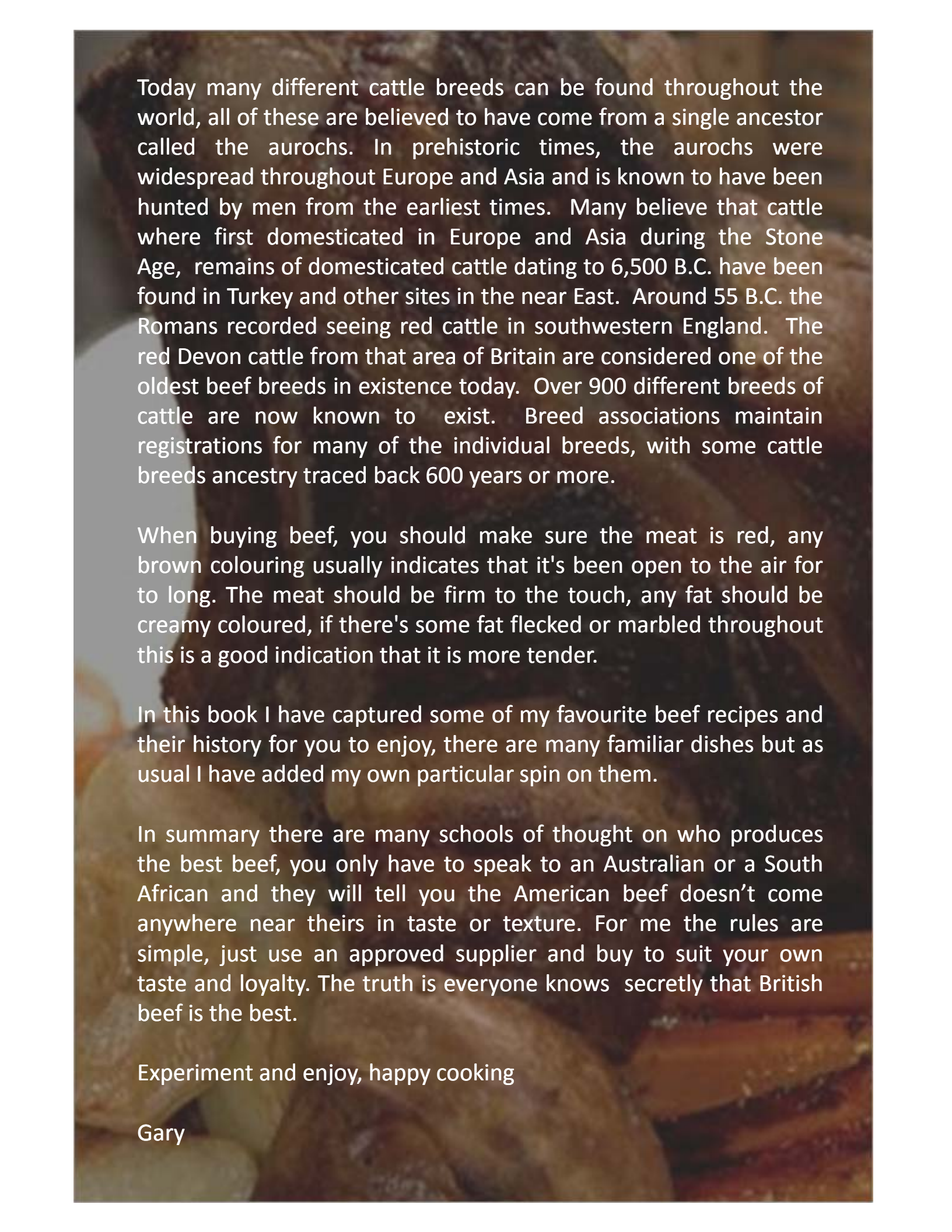




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MY FAVOURITE BEEF RECIPES

COOKED UP BY GARY ALLEN



Today many different cattle breeds can be found throughout the world, all of these are believed to have come from a single ancestor called the aurochs. In prehistoric times, the aurochs were widespread throughout Europe and Asia and is known to have been hunted by men from the earliest times. Many believe that cattle were first domesticated in Europe and Asia during the Stone Age, remains of domesticated cattle dating to 6,500 B.C. have been found in Turkey and other sites in the near East. Around 55 B.C. the Romans recorded seeing red cattle in southwestern England. The red Devon cattle from that area of Britain are considered one of the oldest beef breeds in existence today. Over 900 different breeds of cattle are now known to exist. Breed associations maintain registrations for many of the individual breeds, with some cattle breeds ancestry traced back 600 years or more.

When buying beef, you should make sure the meat is red, any brown colouring usually indicates that it's been open to the air for too long. The meat should be firm to the touch, any fat should be creamy coloured, if there's some fat flecked or marbled throughout this is a good indication that it is more tender.

In this book I have captured some of my favourite beef recipes and their history for you to enjoy, there are many familiar dishes but as usual I have added my own particular spin on them.

In summary there are many schools of thought on who produces the best beef, you only have to speak to an Australian or a South African and they will tell you the American beef doesn't come anywhere near theirs in taste or texture. For me the rules are simple, just use an approved supplier and buy to suit your own taste and loyalty. The truth is everyone knows secretly that British beef is the best.

Experiment and enjoy, happy cooking

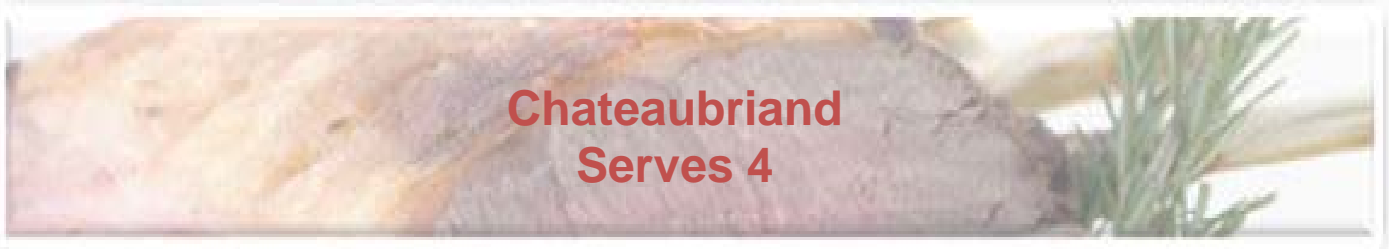
Gary

CHATEAUBRIAND
STEAK TARTARE
BEEF STROGANOFF
MEATBALLS
STEW AND DUMPLINGS
BETTY'S MEATLOAF
BEEF WELLINGTON (BOEUF EN CROUTE)
HUNGARIAN GOULASH
BEER CHILLI
ROAST BEEF & YORKSHIRE PUDDING
FAJITAS

TRADITIONAL BUT A LITTLE OUTSIDE THE BOX

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STEAK TARTARE
CHATEAUBRIAND



Chateaubriand Serves 4

The Chateaubriand steak sometimes known as a Filet mignon is a cut from the fillet or tenderloin. Originally created by chef Montmireil in the 18th century, Master Chef to Vicomte de Chateaubriand the French author and diplomat who served Napoleon as an ambassador and Louis XVIII as Secretary of State. Chateaubriand is considered the most extravagant cut of meat and in my opinion epitomizes the culinary art when it comes to preparing the king of meats.

Ingredients:

- 2lb (1kg) center-cut of fillet with any excess fat trimmed off
- 4 large Portobello mushrooms
- 2 cloves garlic (optional extra) for me enough to taste is all
- 8 tablespoons olive oil
- 2 Knobs of butter (Not margarine)
- 2 tablespoon brandy
- 1cup red wine
- Ground sea salt
- Ground black pepper

1. Preheat the oven to 230C (If using a different pan for the oven cooking place it in the oven to get hot)
2. Season the meat with black pepper and salt
3. Place your skillet or frying pan on a medium to high heat and add 2 tablespoons of oil
4. When the oil is hot place the meat in the pan and sear on all sides
5. When you have a crusty seal put the pan into the oven or transfer to the preheated oven pan
6. Roast in the middle of the oven for 15 to 20 minutes depending on how rare or well done you want it
7. When the chateaubriand is ready transfer it to a warmed plate and cover with tin foil and allow it to rest for 15 minutes
8. Using you frying pan or oven pan warm the juices from the roasting on the stove top, when hot add the butter and garlic and stir together
9. Add thickly sliced mushrooms and seasoning, sauté for about 3 minutes turning them regularly, add more oil if the pan becomes too dry

10. Take the pan off the stove, add the brandy and return to the heat
11. If you cooking with gas tilt the pan towards the open flame to let it flambé, the same can be done with a kitchen lighter
12. Once the brandy has evaporated lower the heat and add the wine, allowing to simmer for two minutes
13. Carve the meat into slices (usually quite thick), plate individually, drizzle the sauce over the top of the meat and serve

Accompaniments & Garnish

- The sauce is more than enough
- Serve with seasonal vegetables but don't overfill the plate, a little mustard on the side



Steak Tartare

Serves 6

Steak Tartare is said to originate from the times of Genghis Khan. The legend being that nomadic Tatar people of the Central Asian didn't have time to cook and thus placed meat underneath their horses' saddles, at the end of a journey the meat would be tenderised and ready to eat. The good news is there is no requirement for you to ride a horse whilst making this tasty dish, give it a try, it's actually very nice.

Ingredients:

- 500g (1lb) pound finely ground beef fillet (Must be really fine)
- 1 small finely chopped white onion
- 1 teaspoon Dijon mustard
- Half a teaspoon of hot pepper sauce (Tabasco) optional
- 1 teaspoon Worcestershire sauce
- 1 teaspoon brandy
- Salt to taste
- Ground white pepper to taste
- 1 egg yolk

Mix all the ingredients together until well blended, refrigerate for 30 minutes to allow the flavors to combine. Serve on toasts/crackers with some green salad as dressing. My particular favourite is on a fresh bread role with a boiled egg on the side and a sprinkling of pepper (pictured).



Note: Freezing the meat for a few days before use will ensure there are no parasites or bacteria present, this is particularly important in less hygienic countries



Beef Stroganoff

Serves 6

employed by the wealthy and powerful Stroganoff family. Brière entered the recipe for his beef dish named after his employer in a competition, 'L'Art Culinaire' in 1891 and won first prize. Legend has it that his boss Count Pavel Alexandrovich Stroganoff had lost all his teeth and his chef had designed this recipe to help the Count enjoy his beef even without his pearly whites. This is my variation on the theme, it brings back fond memories for me as it was the first dish I made for Shelly before we were married, it seemed to do the trick and yes she still has her teeth. Once again feel free to experiment a bit, I have made this with red peppers to compliment the onions and give it more colour and even spiced it up with some sweet chilies in the past.

Ingredients:

- Olive oil cooking spray
 - 1kg beef fillet, trimmed and cut into thin strips
 - 2 brown onions chopped
 - 2 cloves of crushed garlic
 - 400g of sliced button mushrooms
 - 1 tablespoon of HP sauce (A1 Steak Sauce)
 - 3 teaspoons corn flour or more if required to thicken
 - 1 cup of stock
 - 1 tablespoon Worcestershire sauce
 - 1 cup of single cream
 - 3 tablespoons of tomato paste
 - 1 table spoon of Dijon mustard
 - Half a cup of red wine
 - Ground salt and pepper to season
1. In a large frying pan, spray with olive oil, pan fry the steak until bubbling in their own juices
 2. Drain meat juice off and discard, add stock and simmer for 20 minutes, do not allow the meat to boil dry, top up as required
 3. In a separate pan cook the onions until soft (not brown) add the mushrooms and continue to cook until warmed through
 4. Add the onion and mushroom mix to the steak and simmer on a low heat
 5. Add the Worcestershire sauce, garlic, HP sauce, mustard and tomato paste, stir in ensuring the mix doesn't catch/burn on the bottom of the pan
 6. Let the mix cook on a low heat, stirring every few minutes, gradually add the wine at each stir

7. The longer you leave it to cook the more tender the meat will become (can be made in advance and reheated provided you haven't added the cream)
8. 10 minutes before serving gradually add the cream and season to taste
9. If your stroganoff is too watery mix the corn flour with a little cold water so it looks like milk. I find a small glass and your fingers are the easiest way and you get rid of all the lumps.
10. Gradually add the corn flour to the stroganoff stirring in slowly, you will see and feel the mixture thicken, stop when you are happy

Accompaniments & Garnish

- Spiral a little single cream and sprinkle flaked parsley
- Serve with a few seasonal vegetables or on a bed of rice or pasta
- A nice glass of medium bodied red wine will make it perfect





Meatballs

Serves 8

meatball recipes dating back to the Romans, as found in an ancient recipe book "De re coquinaria libri decem (Cuisine in Ten Books)" written by Marcus Gavius Apicius, who was born in 25 AD. The second book in the set is about mixtures of meat and other ingredients, one recipe is for meatballs. Apicius' also rates meats used for meatballs: "The ground meat patties of peacock have first place, if they are fried so that they remain tender. Well I'm not planning a peacock book just yet, however feel free to changed the ingredients as you wish, the measures are just there as a guide.

Ingredients:

- 1kg (2lb) pound ground (minced) beef
- 1 cup of dry bread crumbs
- Half a cup of milk
- 2 level teaspoons of dried parsley flakes
- 2 finely chopped onions
- 2 eggs
- Salt and pepper to taste

1. Mix all ingredients until well blended
2. Shape into 1 ½ inch meatballs
3. Bake uncovered in 400 degree oven until light brown (20 -25 minutes)
4. To pan fry cook over medium heat in a little olive oil, turning occasionally until brown (20 minutes)
5. Serve as an aperitif with a dip of choice or as a main course





Beef Stew & Dumplings

Serves 8

Imagine Mr Caveman who has just invented his first cooking pot, now instead of burnt offerings off a stick held over the fire he can make it in a pot. Now we know these guys didn't stay vegetarian for very long and pretty soon they were adding meat to the vegetables. Meanwhile Mrs Caveman was busy making basic bread dough and wanted to get in on the act, so she put a few bread balls in the mix. There you have it, my spin on how stew and dumplings was invented, of course it has been taken to new heights and called many things around the world now. The bottom line is call it what you want and spice it up however you feel, at the end of the day that's stew.

Ingredients:

Stew

- 1 Kg boneless stewing beef cut into small cubes
- 2 large chopped onions
- 3 parsnips peeled and cut into 4 cm julienne
- 6 carrots peeled and cut into circles (no reason just I like them like this)
- 2 small turnips peeled and cut into cubes
- Any other veggies in the cupboard, don't overdo it , (peas are best for colour)
- 2 teaspoons of sugar
- 2 cups of beef stock, more if required
- 2 cups of red wine
- 3 tablespoons of tomato paste
- 2 tablespoons of butter
- 1 tablespoon rosemary chopped (fresh if possible)
- 500g of sliced mushrooms
- 8 to 10 small potatoes peeled and quartered
- 2 cloves of garlic grated or minced
- Salt & Pepper to taste

Dumplings

- 2 cups of self raising flour
 - 1 cup of beef suet
 - If you want more just ensure the mix is flour two to one with the suet
1. Sauté the beef in until all sides are browned, don't crowd or it will steam and not brown properly, cook it in batches if necessary. When finished transfer to a large casserole pot with a lid
 2. Put the vegetables into the sauté pan, add butter, garlic and sugar, cover and cook over medium high heat for approximately 10 minutes, then add them to the meat in the casserole
 3. Put the wine into the sauté pan to deglaze, then add the beef stock and then whisk in tomato paste and rosemary, allow to simmer for a few minutes before pouring into the casserole

4. Season with salt and pepper and gently stir ingredients so the meat is evenly distributed throughout the dish
5. Ensure the liquid covers the contents, add more stock if required
6. Place in a low oven (160 to 170) with the lid on and leave to cook for at least two hours, lower the heat if longer

Dumplings

1. Place the flour and suet in a mixing bowl
2. Turn the ingredients until well blended
3. Add water, a tablespoon at a time and mix, gradually add more water as required
4. When you have formed a dough break off small pieces and role into balls of the desired size
5. 20 minutes before serving place the dumplings in the top of the casserole
6. Leave the lid on, the base of the dumplings will absorb the gravy and the tops will brown
7. If required add a little more stock or wine
8. Note the dumplings will double in size so give them room to grow

Accompaniments & Garnish

- A nice glass red wine, nothing else



Betty's Meatloaf

Serves 8

we have already discussed the origins of ground meat (mince) recipes in the meatballs recipe, no doubt good old Marcus Gavius Apicus had a meatloaf recipe as well. There are may many recipes for meatloaf which essentially use anything and everything found in the cupboards as long as there is mince and a binding agent. This recipe was given to me by dear old friend Betty who I shared many a good time with at catering college. Sadly she passed away a few years ago, however her famous meatloaf with the secret dry soup ingredient lives on. If you're up there watching Betty this one's for you.

- 1 Kg of lean mince
- 1 cup of finely diced onion
- Half a cup of finely diced red pepper
- 1 and half cups of bread crumbs
- 2 eggs
- Half a cup of water (add more if required)
- Third of a cup of ketchup, brown sauce & mild mustard mix
- 1 sachet of dry soup mix (I find mushroom Cup-a-soup to be the best)

1. Preheat oven to 350 Degrees
2. Combine all ingredients (add the water gradually, don't make it to wet)
3. Save some of the ketchup mix for dressing
4. Shape in a suitable ovenproof pan (greased with butter)
5. Bake for 1 hour or until done
6. Serve sliced and hot, smear remaining ketchup mix for garnish





Beef Wellington (Boeuf En Croute)

Serves 8

This dish is named after the Duke of Wellington, famed for victory at the Battle of Waterloo in 1815 so called perhaps because in its larger version the finished product looks like a highly polished riding or Wellington boot. This tenderloin (fillet) of beef in puffed pastry was originally created to honor the Duke and was also the favorite of the late President Richard Nixon. The Duke is said to have ordered that this beef dish be served at every dinner that he might be hosting. His English chef dubbed the preparation, "Wellington Steak," his Gaelic counterpart across the Channel, still smarting from Napoleon's defeat, simply called the it, "Filet de Boeuf en Croute." This is my tried and tested quick version which has impressed many a dinner guest, now the secret is yours, give it a try, you won't be disappointed

Ingredients:

- 1.2kg fillet of beef, cut from the central section of fillet
- 40g butter, unsalted if possible
- 2 tablespoons vegetable oil
- 250g fresh sliced mushrooms
- 175g Smooth liver pate
- 400g Puff pastry – homemade or premade
- 1 egg yolk for sealing and coating the pastry
- Salt and black pepper to taste

1. Season the beef with salt and freshly ground pepper
2. Heat the butter and vegetable oil in a large pan, Sauté the beef in the pan and brown on all sides
3. Remove and set aside
4. Place the mushrooms and gently fry until done, don't brown
5. Fold/mix the mushrooms and the pate to form a paste
6. Roll the pastry into a large rectangle
7. Preheat the oven to 220°C
8. Carefully spread the pate paste over the pastry leaving a good 4cm boarder all the way around
9. Brush the edges of the pastry with the egg yoke

10. Place the beef in the centre of the pastry (Presentation side downwards)
11. Spread any remaining pate on the top of the meat, which eventually become the base
12. Roll the pastry around the meat, sealing the edges well and using the egg to seal
13. Decorate the Wellington with any pastry trimmings as desired and place on a greased baking sheet
14. Bake in the oven for 30-35 minutes for medium rare and 40-45 minutes for medium well done
15. Allow to stand and rest for 10 minutes before carving

Accompaniments & Garnish

- Gravy or sauce of your choice, I like something with port and wild berries





Hungarian Goulash

Serves 6

Hungarian goulash (gulyás) is the very traditional stew of Hungary which was recorded as far back as the Ninth Century Magyar shepherds. Made of chunks of meat and onions, it was cooked slowly until the liquid was boiled off. It would then be dried in the sun, this allowed the meat be stored and then subsequently used in the preparation a stew by boiling it in water. Well no need to start sun drying your meat just yet, remember with all types of stew the longer you cook it for the more tender the meat will become. Have a bash at my up to date version, it has a little kick to it and it's really yummy if I say so myself.

Ingredients:

- 1 tablespoon butter
- 1 cup chopped onion
- 1 tablespoon paprika
- 1 tin of diced, peeled tomatoes
- 1 tablespoon Worcestershire
- 1 tablespoon dill
- 1 teaspoon of marjoram
- 1 kg of boneless beef, cubed (1.5 cm no bigger)
- 1 tablespoon garlic, grated or crushed
- 1 tablespoon ground caraway seeds
- 2 cups small diced potatoes
- 1 cup small diced sweet pepper (Red)
- 2 tablespoons flour
- 4 tins beef stock (Use empty tomato tin)
- 2 tablespoons tomato paste
- Salt and pepper to taste

1. Start with a large stock pot on a medium heat
2. Add butter and onions, sauté until soft
3. Add meat and sauté so all sides are sealed
4. Add one can of stock
5. Mix in the paprika, garlic, caraway, dill and marjoram cook for 2 minutes stirring constantly
6. Add tomatoes, paste and Worcestershire, bring to a boil and stir to loosen any bits on bottom of pan
7. Add remaining stock
8. Reduce heat and cook 1 hour stirring regularly

9. Add potatoes and peppers and cook at least another hour stirring regularly, remember the longer the better, just keep an eye on it so it doesn't catch or burn.
10. Keep the stock topped up if stewing for a while
11. Gradually add flour and stir until thickened, if the mix becomes too thick add a little more stock

Accompaniments & Garnish

You can serve with rice or vegetables, some people like to add a little cream to take the edge off it. My preference is as it come with lots of bread and butter.





Beef Chilli

Serves 8

The only thing certain about the origins of chilli is that it did not originate in Mexico. "Chili, as we know it can't even be found in Mexico today except in a few spots which cater to tourists. If chili had come from Mexico, it would still be there, apparently Mexicans don't change their culinary customs from one generation, or even from one century, to another. If there is any doubt about what the Mexicans think about chilli, the Diccionario de Mejicanismos, published in 1959, defines chilli con carne as "detestable food passing itself off as Mexican." So then where, my research points to the Americans, works for me, lets blame it on Texas, at least they are near Mexico

Chilli powder is a generic name for any powdered spice mix composed chiefly of chilli peppers, most commonly either red peppers or cayenne peppers, which are both of the species *Capsicum annum*. As a result of the various different potential additives, the spiciness of any given chilli powder is incredibly variable. As a rule, the purer the chilli powder is, the more spicy it is. Anyhow enough of that, here's another way to cook beef mince, the beer is just because I like it and it gives the chilli a great flavour.

Ingredients:

- 3 cups chopped red onions
 - 2 cups of chopped red peppers
 - 2 tablespoons of olive oil
 - 700g lean mince
 - 2 garlic cloves, grated
 - 2 tablespoons of chili powder
 - 3 teaspoons ground cumin
 - 2 teaspoons sugar
 - 1 teaspoon of dried oregano
 - 1 tin of red kidney beans, drained and washed
 - 2 tins of peeled, diced tomatoes
 - 4 cups of beef stock
 - 1 small bottle of beer (dark beer if possible)
 - 1 tablespoon fresh lime juice
 - Corn flour to thicken if necessary
 - 2 tablespoons of single cream
1. Sauté the onions and peppers for 5 minutes or until soft in olive oil
 2. Add the mince and cook for 10 to 15 minutes stirring regularly to ensure the mince separates and browns
 3. Stir in chili powder, cumin, sugar and cook for 2 minutes

4. Mix in the tomatoes
5. Add oregano, garlic and kidney beans
6. Add the stock, lime juice and beer
7. Bring to a boil then reduce heat and simmer for 30 minutes, stirring regularly
8. Use corn flour to thicken if required
9. Add cream and mix in before serving

Accompaniments & Garnish

You can serve with rice or nachos (American ones, not Mexican!!)





Roast Beef & Yorkshire Pudding

Serves 8

inspiration from all over the globe. Many different ethnic cuisines vie for attention in our shops and restaurants. That doesn't mean, however, that we have entirely left behind the dishes on which our own (often maligned) food culture was founded on. Of these, none is more symbolic than the ever favourite Sunday dinner roast beef and Yorkshire pudding. This stately dish has become so much a part of the national identity that it has led to the French referring to the British as "les rosbif". For me it's all about tradition and the family unit as I remember my dear mother whisking up the pudding batter and timing it just right with the meat as we sat down to eat on a Sunday. This is the mark one recipe, no additions just the way it has been cooked for years.

Ingredients:

- 2kg Topside roast (with the fat still attached if possible)
- Salt and freshly ground pepper to taste

- 1/2 teaspoon salt
- 2 cups all-purpose flour
- 4 eggs, beaten
- 2 cups milk

1. Preheat oven to 190 degrees C
2. Wash roast and sprinkle with salt and pepper
3. Bake on a wire rack inside of a large roasting pan in the preheated oven for 2 hours or to desired doneness
4. Remove roast from pan and save dripping
5. In a small mixing bowl, beat the two eggs until frothy
6. In another small bowl, mix the salt and flour
7. Stir the beaten eggs into the flour stirring constantly, gradually pour in the milk
8. Preheat oven to 200 degrees C
9. Pour the saved drippings into a medium muffin tin and place in the preheated oven for 3 minutes
10. Remove from heat and pour the mixture into the hot drippings
11. Return muffin tin to the oven and bake for 15 minutes, or until fluffy and golden brown

12. Remove from heat and pour the mixture into the hot drippings
13. Return muffin tin to the oven and bake for 15 minutes, or until fluffy and golden brown
14. Make the gravy with the juices from the meat
15. Serve with vegetables of your choice and horseradish sauce





Fajitas

Serves 6

Fajitas are widely known as a Mexican dish in reality it's actually a Texas specialty. The dish dates back to the late 1930's, fajita comes from the Spanish word "faja" which translates literally to "sashes" which refers to the type of meat typically used for fajitas called skirt steak considered a "less desirable cut". These cuts of beef would be given to the Hispanic ranch hands as part payment for work. The ranch hands used to pound the meat thin then marinate it in lime juice and cook it over a mesquite fire, a small spiny leguminous tree or bush with hard wood, the pods of which are sometimes used as fodder. Native to: southwestern United States, Mexico. The grilled meat would then be sliced into thin strips and eaten in a warm flour tortilla. The dish was referred to as "tacos de fajitas".

Ingredients:

- 1 kg beef sirloin steak
- 2 medium onions
- $\frac{3}{4}$ cup beer
- $\frac{1}{4}$ cup lime juice
- 2 cloves garlic, minced
- 2 tablespoons chili powder
- $\frac{1}{2}$ cup of olive oil
- 1 red bell pepper, cut in strips
- 2 medium tomatoes chopped
- 16 flour tortillas
- Avocado dip
- Salsa
- Grated cheese
- Sour cream

1. Thinly slice meat into bite size strips and place meat in plastic bag
2. In the bag: 1 chopped onion, beer, $\frac{1}{2}$ cup oil, lime juice, garlic and seal the bag
3. Marinate in refrigerator for 6 hours or overnight, turning bag several times
4. Wrap tortillas tightly in foil and heat in a 350 degrees oven 10 minutes
5. Slice remaining onion and set aside
6. In hot 12 inch skillet add 1 tablespoon oil, onion and pepper. Stir-fry for 2 minutes or until crisp-tender and remove

7. Drain and stir-fry the meat a little at a time for 2 to 3 minutes
8. Return all the meat and vegetables to skillet; add tomato and stir-fry for 2 minutes more
9. Season with salt and pepper
10. Spoon some meat, salsa, avocado dip, cheese and sour cream on each tortilla then roll
11. Ready to serve

Accompaniments & Garnish

You can serve with fries, best on their own and you can fun making them as a family
Can you chicken as alternative or a mix of both



Well that's the end of my personal beef favourites, in researching some of these dishes I have actually learnt quite a bit about the history of our most celebrated meat. As I said at the beginning just use an approved supplier and buy to suit your own taste and loyalty.

Don't forget the horse radish sauce

Happy eating
Gary & Shelly



As always this book dedicated to my wonderful wife Shelly who is my inspiration in all things, without her confidence and support in me I would be truly lost, thank you my love

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